



# Protect Yourself!

Vaccination and education are the best defense to prevent the flu.

## Get your seasonal flu shot.

### Flu Preparedness is a Shared Responsibility

Keep yourself well informed about the flu

[www.ready.illinois.gov](http://www.ready.illinois.gov)

[www.flu.gov](http://www.flu.gov)

[www.idph.state.il.us/flu](http://www.idph.state.il.us/flu)

# Don't get the flu. Don't spread the flu. Get vaccinated.

## Remember the 3 Cs

**Clean** – wash your hands frequently to prevent the spread of germs.

**Cover** – your cough and sneeze with a tissue or sleeve, not your hand.

**Contain** – contain your germs. Stay home if you are sick.

For more information,  
contact your health care provider or local health department.